

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: F248 Food name and Description: Sausage, bologna Scientific name: Alternate/Common name(s): Edible portion: 100%

### Proximates (Food Composition per 100g Edible Portion)

Water (g)	70
Energy, calculated (kcal)	165
Protein (g)	10.1
Total Fat (g)	11.7
Carbohydrate, total (g)	4.9
Ash, total (g)	3.3

### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	2.8

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	180
Phosphorus, P (mg)	121
Iron, Fe (mg)	2.7
Sodium, Na (mg)	598

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	15
beta-Carotene (μg)	10
Retinol Activity Equivalent, RAE (µg)	16
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	0.34
Niacin (mg)	2.5
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	4.43
Fatty acids, monounsaturated, total (g)	5.01
Fatty acids, polyunsaturated, total(g)	0.53
Cholesterol (mg)	29

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 16:16:33